

# Meal Support Services

## Meal Preparation Outside of the Home

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### Meal Kits in Hamilton

Take the work out of dinner. Food boxes delivered to your door that allow you to make delicious home cooked meals without the shopping.

- Chefs Plate      [www.chefsplate.com](http://www.chefsplate.com)
- Hello Fresh      [www.hellofresh.com](http://www.hellofresh.com)
- Good Food      [www.makegoodfood.ca](http://www.makegoodfood.ca)

*“I enjoy cooking,  
but I get tired easily.”*